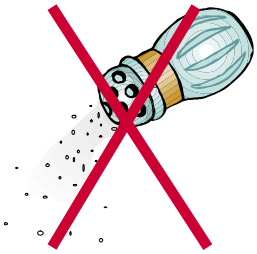
Lowering Your Salt



A Few Tips:

Avoid using salt at the table or in cooking.
Read the labels to avoid foods that contain **salt** or any form of **sodium.**
Use herbs and spices to flavor foods.
Choose whole, fresh foods over processed foods.

FOODS TO LIMIT:

Bacon	Canned soups	Bouillon
Bacon rinds	Canned tomato juice	Catsup
Corned beef	Canned vegetables	Celery salt
Cured meats	Cheese	Chili sauce
Frankfurters	Cheese products	Garlic salt
Ham	Commercial buttermilk	Gravies
Ham hocks	Olives	Meat tenderizer
Luncheon meats	Pickles	M.S.G. (Accent)
Salted fish	Potato chips	Mustard
Salt pork	Pretzels	Salad dressing
Smoked fish	Salted crackers	Seasoned salt
T.V. Dinners	Salted nuts	Soy sauce
	Sauerkraut	Worcestershire sauce
	Vegetable juice cocktail	